

1. A guide device for use with a spinal implant, comprising:
an elongate support member; and
first and second arms each having a proximal end coupled to the elongate support member and a distal end, at least one of the first and second arms being slidably movable along the support member to allow a distance between the first and second arms to be adjusted, and at least one of the first and second arms including a guide member coupled to a distal end thereof and having at least one pathway formed therein for receiving a tool.
2. The guide device of claim 1, wherein the guide member is adapted to be juxtapositioned on a spinal implant such that the at least one pathway in the guide member is aligned with a corresponding bore formed in the implant.
3. The guide device of claim 1, wherein a first guide member is coupled to the first arm and a second guide member is coupled to the second arm.
4. The guide device of claim 3, wherein each guide member comprises a housing having proximal and distal ends with opposed first and second pathways formed therein and extending therebetween.
5. The guide device of claim 4, wherein the housing is formed from first and second barrels, and the first and second pathways comprise lumens extending through the barrels.
6. The guide device of claim 4, wherein the housing is hollow and the first and second pathways comprise opposed, substantially semi-cylindrical pathways formed within the hollow housing.
7. The guide device of claim 4, wherein at least a portion of each pathway is defined by a substantially elongate, semi-cylindrical sidewall of the housing.

8. The guide device of claim 7, wherein the first arm is mated to a proximal end of one of the semi-cylindrical sidewalls of the first guide, and the second arm is mated to a proximal end of one of the semi-cylindrical sidewalls of the second guide.
9. The guide device of claim 7, wherein a distal end of each semi-cylindrical sidewall extends distally beyond a distal end of the guide member to form opposed tabs that are adapted to seat a spinal fixation plate therebetween.
10. The guide device of claim 9, wherein each tab has a substantially concave inner surface that is adapted to match the contour of a substantially concave outer surface formed around a perimeter of a spinal implant.
11. The guide device of claim 4, wherein at least a portion of each pathway is in communication with one another.
12. The guide device of claim 4, further comprising at least one cut-out portion formed in the housing between the first and second pathways.
13. The guide device of claim 12, wherein the at least one cut-out portion extends from the proximal end of the housing and terminates proximal to the distal end of the housing such that at least a portion of the first and second pathways adjacent the distal end of the housing are in communication with one another.
14. The guide device of claim 1, wherein the elongate support is curved to match the contour of a patient's spine.
15. The guide device of claim 1, wherein the proximal end of each of the first and second arms extends in a direction substantially transverse to the support member.

16. The guide device of claim 1, wherein each of the first and second arms includes a proximal portion and a distal portion, and wherein the proximal portion of each arm extends in a direction substantially transverse to the support member, and wherein the distal portion of each arm extends at an angle with respect to the proximal portion.
17. The guide device of claim 3, wherein the first and second arms are mated to a proximal portion of the first and second guide members.
18. The guide device of claim 3, wherein each guide member has a distal end having a shape adapted to match the contour of a spinal fixation plate.
19. The guide device of claim 3, wherein each guide member includes opposed tabs extending distally therefrom and adapted to engage a spinal fixation plate.
20. The guide device of claim 19, wherein each tab is substantially C-shaped.
21. The guide device of claim 19, wherein the opposed first and second pathways formed in the housing are positioned between the opposed tabs.
22. The guide device of claim 1, wherein the first arm is fixedly mated to the support member and wherein the second arm is slidably mated to the support member.
23. The guide device of claim 22, further comprising an adjustment mechanism formed on the proximal end of the second arm and effective to allow movement of the second arm along the support member.
24. The guide device of claim 23, wherein the adjustment mechanism comprises a spring-lock mechanism that is movable between a first, locked position, and a second position wherein the second arm is slidable along the support member.

25. The guide device of claim 23, wherein the adjustment mechanism comprises corresponding threads formed on each of the support member and the second arm such that rotation of the support member is effective to move the second arm with respect to the first arm.

26. An adjustable guide member for use with a spinal fixation plate, comprising:
a first member having an elongate support and a first arm mated to one end thereof, the arm extending in a direction transverse to the support and including a first guide member mated to a distal end thereof; and

a second member having a second arm with a first end adapted to slidably mate with and extend in a direction transverse to the elongate support of the first member, the second arm having a second guide member mated to a distal end thereof.

27. The adjustable guide device of claim 26, wherein the elongate support of the first member is curved to match the contour of a patient's spine.

28. The adjustable guide device of claim 26, wherein each of the first and second arms includes a proximal portion and a distal portion, and wherein the proximal portion of each arm extends in a direction substantially transverse to the elongate support of the first member, and wherein the distal portion of each arm extends at an angle with respect to the proximal portion.

29. The adjustable guide device of claim 28, wherein first and second guide members are formed integrally with the distal portion of the first and second arms, and wherein the first and second guide members comprise a bore extending through the distal portion of each of the first and second arms.

30. The adjustable guide device of claim 26, wherein at least one of the first and second guide members includes a pathway formed therein for receiving a tool therethrough.

31. The adjustable guide device of claim 30, wherein each guide member comprises a housing having proximal and distal ends with opposed first and second pathways formed therein and extending therebetween.
32. The adjustable guide device of claim 31, wherein the housing is formed from first and second barrels, and the first and second pathways comprise lumens extending through the barrels.
33. The adjustable guide device of claim 31, wherein at least a portion of each pathway is defined by a substantially elongate, semi-cylindrical sidewall.
34. The adjustable guide device of claim 33, wherein the first arm is mated to a proximal end of one of the semi-cylindrical sidewalls of the first guide, and the second arm is mated to a proximal end of one of the semi-cylindrical sidewalls of the second guide.
35. The adjustable guide device of claim 33, wherein a distal end of each semi-cylindrical sidewall extends distally beyond a distal end of the guide member to form opposed tabs that are adapted to seat a spinal fixation plate therebetween.
36. The adjustable guide device of claim 31, wherein at least a portion of each pathway is in communication with one another.
37. The adjustable guide device of claim 31, further comprising at least one cut-out portion formed in opposed walls of the housing between the first and second pathways.
38. The adjustable guide device of claim 37, wherein the at least one cut-out portion extends from the proximal end of the housing and terminates proximal to the distal end of the housing such that at least a portion of the first and second pathways adjacent the distal end of the housing are in communication with one another.

39. The adjustable guide device of claim 26, wherein the guide member on each arm comprises:

a first barrel having a distal end and a proximal end mated to the distal end of the arm;
and
a base plate mated to the distal end of the first barrel.

40. The adjustable guide device of claim 39, wherein the guide member on each arm further comprises a second barrel mated to the base plate.

41. The adjustable guide device of claim 39, wherein each base plate includes a mating element formed thereon for mating with a spinal fixation plate.

42. The adjustable guide device of claim 39, wherein each base plate has a shape adapted to match the contour of a spinal fixation plate.

43. The adjustable guide device of claim 41, wherein the mating element is formed on a distal surface of each base plate.

44. The adjustable guide device of claim 43, wherein each mating element comprises a protrusion extending distally from the distal surface of the base plate and adapted to engage a spinal fixation plate.

45. The adjustable guide device of claim 26, further comprising an adjustment mechanism formed on the second member and effective to allow movement of the second member along the elongate support of the first member.

46. The adjustable guide device of claim 45, wherein the adjustment mechanism is movable between a first, locked position, and a second position wherein the second support member is slidable along the first support member.

47. The adjustable guide device of claim 45, wherein the elongate support is rotatably mated to the first arm and the adjustment mechanism comprises corresponding threads formed on each of the elongate support and the second arm such that rotation of the elongate support is effective to move the second arm with respect to the first arm.

48. The adjustable guide device of claim 26, wherein the first arm is slidably mated to the elongate support.

49. The adjustable guide device of claim 26, wherein the first and second guide members each comprise a frame having a shape adapted to match the contour of a spinal fixation plate.

50. The adjustable guide device of claim 49, wherein the frame of at least one of the first and second guide members is adapted to removably receive one or more barrels.

51. The adjustable guide device of claim 26, further comprising a third arm mated to the first guide member and a fourth arm mated to the second guide member.

52. The adjustable guide device of claim 51, wherein the first guide member comprises a frame having a first end mated to the first arm and a second, opposed end mated to the third arm, and wherein the second guide member comprises a frame having a first end mated to the second arm and a second, opposed end mated to the fourth arm.

53. The adjustable guide device of claim 52, wherein the support member is movable between a first position, in which it is mated to the first and second arms, and a second position, in which it is mated to the third and fourth arms.

54. The adjustable guide device of claim 52, further comprising a second support member slidably mated to the third and fourth arms.

55. A spinal fixation kit, comprising:

a spinal fixation plate having

- a proximal portion with at least one bore formed therein for receiving a fixation device effective to mate the proximal portion to a first vertebrae, and
- a distal portion with at least one bore formed therein for receiving a fixation device effective to mate the distal portion to a second, adjacent vertebrae; and
- a guide device having
 - a first arm with a guide member coupled to a distal end thereof and configured for juxtaposition on the proximal portion of the spinal fixation plate, and
 - a second arm with guide member coupled a distal end thereof and configured for juxtaposition on the distal portion of the spinal fixation plate.

56. The spinal fixation kit of claim 55, wherein a proximal end of each arm is coupled to an elongate support member.

57. The spinal fixation kit of claim 56, wherein the elongate support member is curved to match the contour of a patient's spine.

58. The spinal fixation kit of claim 56, wherein each of the first and second arms includes a proximal portion and a distal portion, and wherein the proximal portion of each arm extends in a direction substantially transverse to the support member, and wherein the distal portion of each arm extends at an angle with respect to the proximal portion.

59. The spinal fixation kit of claim 55, wherein at least one of the first and second guide members includes a pathway formed therein for receiving a tool therethrough.

60. The spinal fixation kit of claim 59, wherein each guide member comprises a housing having proximal and distal ends with opposed first and second pathways formed therein and extending therebetween.

61. The spinal fixation kit of claim 60, wherein at least a portion of each pathway is defined by a substantially elongate, semi-cylindrical sidewall.

62. The spinal fixation kit of claim 61, wherein the first arm is mated to a proximal end of one of the semi-cylindrical sidewalls of the first guide, and the second arm is mated to a proximal end of one of the semi-cylindrical sidewalls of the second guide.

63. The spinal fixation kit of claim 61, wherein a distal end of each semi-cylindrical sidewall extends distally from a distal end of the guide member to form opposed tabs that are adapted to seat a spinal fixation plate therebetween.

64. The spinal fixation kit of claim 60, wherein at least a portion of each pathway is in communication with one another.

65. The spinal fixation kit of claim 60, further comprising at least one cut-out portion formed in the housing between the first and second pathways.

66. The spinal fixation kit of claim 65, wherein the at least one cut-out portion extends distally from the proximal end of the housing such that at least a portion of the first and second pathways are in communication with one another.

67. The spinal fixation kit of claim 55, wherein the guide member on at least one of the arms includes at least one barrel.

68. The spinal fixation kit of claim 67, wherein each of the at least one barrels is disposed at an angle with respect to the spinal fixation plate.

69. The spinal fixation kit of claim 67, wherein the angle of at least one of the barrels is adjustable.

70. The spinal fixation kit of claim 55, wherein the guide member on each arm comprises:
a first barrel having a distal end and a proximal end mated to the distal end of the arm;
and
a base plate mated to the distal end of the first barrel.
71. The spinal fixation kit of claim 70, further comprising a second barrel mated to the base plate.
72. The spinal fixation kit of claim 70, wherein each base plate has a shape adapted to match the contour at least a portion of the spinal fixation plate.
73. The spinal fixation kit of claim 70, wherein each base plate includes a mating element formed thereon for mating with the spinal fixation plate.
74. The spinal fixation kit of claim 73, wherein the mating element is formed on a distal surface of each base plate.
75. The spinal fixation kit of claim 74, wherein each mating element comprises a protrusion that is oriented at an angle so that they are effective to grasp the spinal fixation plate when the arms are moved either away from or toward one another.
76. The spinal fixation kit of claim 56, further comprising an adjustment mechanism formed on the proximal end of the second arm and effective to allow movement of the second arm along the support member.
77. The spinal fixation kit of claim 76, wherein the adjustment mechanism is movable between a first, locked position, and a second position wherein the second arm is slidable along the support member.

78. The spinal fixation kit of claim 76, wherein the adjustment mechanism comprises threads that are effective to mate with corresponding threads formed on the support member such that rotation of the support member is effective to move the second arm with respect to the first arm.

79. A guide device and spinal fixation plate inserter, comprising:

first and second arms pivotally coupled to one another and movable between an open position and a closed position, each arm having a proximal, handle end and a distal end; and

a first guide member mated to the distal end of the first arm and having at least one pathway formed thereon for receiving a tool, and a second guide member mated to the distal end of the second arm and having at least one pathway formed thereon for receiving a tool, the first and second guide members being effective to engage a spinal fixation plate when the first and second arms are positioned in the closed position.

80. The guide device and spinal fixation plate inserter of claim 79, wherein the guide member mated to each of the first and second arms comprises a substantially hollow housing having first and second pathways extending therethrough.

81. The guide device and spinal fixation plate inserter of claim 80, wherein a distal end of each housing has a shape that is adapted to couple to a spinal fixation plate.

82. The guide device and spinal fixation plate inserter of claim 80, wherein a distal end of each housing includes a mating element formed on a distal surface thereof for mating with a spinal fixation plate.

83. The guide device and spinal fixation plate inserter of claim 82, wherein each mating element comprises a tab extending distally from the distal surface of the housing and adapted to engage a spinal fixation plate.

84. The guide device and spinal fixation plate inserter of claim 82, wherein each mating element comprises a protrusion extending distally from the distal surface of the housing and adapted to engage a spinal fixation plate.

85. The guide device and spinal fixation plate inserter of claim 80, further comprising a U-shaped slot formed in the housing for receiving a pin member.

86. A guide device for use with a spinal fixation plate, comprising:
first and second guide members adapted to be juxtaposition on proximal and distal portions of a spinal fixation plate, each guide member including at least one pathway formed therein for receiving a tool, and opposed tabs extending distally therefrom and having a shape adapted to match the contour of at least a portion of a perimeter of the spinal fixation plate.

87. The guide device of claim 86, wherein each tab is substantially C-shaped.

88. The guide device of claim 86, wherein each guide member further includes at least one cut-out portion formed therein for providing visual access to a spinal fixation plate coupled thereto.

89. The guide device of claim 88, wherein each guide member includes first and second pathways extending therethrough from a proximal end to a distal end, and wherein the at least one cut-out portion is formed between the first and second pathways.

90. The guide device of claim 89, wherein each guide member includes opposed cut-out portions formed in opposed sidewalls of the guide member between the first and second pathways.

91. A guide device for use with a spinal fixation plate, comprising:
first and second arms movable with respect to one another, each arm including a proximal end and a distal end; and

a first guide member coupled to the distal end of the first arm, and a second guide member coupled to the distal end of the second arm, each guide member having opposed cut-out portions formed therein and adapted to provide visual access to a spinal fixation plate coupled thereto.

92. The guide device of claim 91, wherein the opposed cut-out portions extend from a proximal end of each guide member and terminate just proximal to a distal end of each guide member.

93. The guide device of claim 91, wherein the opposed cut-out portions are formed in opposed sidewalls of each guide member between opposed pathways extending through the guide member.